

SWISS STEAK WITH TOMATO SAUCE

Yield 100

Portion 7-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
328 cal	8 g	37 g	16 g	108 mg	388 mg	27 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,SWISS STEAK,LEAN,RAW,THAWED	37-1/2 lbs		
OIL,SALAD	1-1/2 lbs	3 cup	
BEEF BROTH		1 qts 1 cup	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GARLIC POWDER	1/8 oz	1/4 tsp	
WORCESTERSHIRE SAUCE	6-1/3 oz	3/4 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2 lbs	1 qts 2 cup	2-3/8 lbs
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
FLOUR,WHEAT,GENERAL PURPOSE	8-7/8 oz	2 cup	
WATER	1 lbs	2 cup	

Method

- 1 Brown steaks on 325 F. well greased griddle.
- 2 Overlap steaks in roasting pans.
- 3 Prepare broth according to package directions.
- 4 Add salt, pepper, garlic, Worcestershire sauce, onions, peppers and tomatoes to stock. Stir well. Heat to boiling.
- 5 Pour about 4-1/2 quarts sauce over steaks in each pan. Cover.
- 6 Using a convection oven, bake at 325 F. for 2 hours or until tender on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Skim off excess fat. Place steaks in 4 steam table roasting pans. Place sauce in steam-jacketed kettle or stock pot.
- 7 Mix flour and water to make a smooth paste; add to sauce. Cook 2 minutes or until thickened stirring constantly.
- 8 Pour 8-1/2 cups sauce over steaks in each pan. CCP: Hold for service at 140 F. or higher.